

House Resolution No. 1943

Whereas, on April 25, 2007, the American Heart Association Heartland Affiliate in Jefferson City, Missouri, will sponsor “Start! Walking At Work Day” with ceremonies to be held on the south steps of the Capitol; and

Whereas, each year 1.2 million Americans suffer a new and recurrent coronary attack, and cardiovascular disease is the nation’s leading cause of death with direct and indirect costs estimated to be \$431.8 billion in 2007; and

Whereas, more physical activity can help improve these statistics and adults may gain up to two hours of life expectancy for every one hour of vigorous exercise; and

Whereas, regular walking has many proven benefits for an individual’s overall health, it can lower both bad cholesterol and high blood pressure and help overweight individuals lose weight and reduce their risk of stroke; and

Whereas, according to an estimate by the Centers for Disease Control and Prevention, physically active people save \$330 per year in direct medical expenditures; and

Whereas, studies indicate that one of the best investments a company can make is in the health of its employees, and by promoting a culture of physical activity, corporate America can decrease healthcare costs, increase productivity, and improve the quality of life and longevity of the nations workforce; and

Whereas, Governor Matt Blunt has proclaimed April 25, 2007, as “Start! Walking At Work Day” with the American Heart Association calling on all employees to wear sneakers to work and Start! Walking At Work:

Now, therefore, be it resolved that we, the members of the Missouri House of Representatives, Ninety-fourth General Assembly, join to congratulate the American Heart Association in its efforts to urge all citizens to show their support for walking and the fight against heart disease and to convey to it this legislative body’s best wishes for success on April 25, 2007, as well as in all future endeavors; and

Be it further resolved that the Chief Clerk of the Missouri House of Representatives be instructed to prepare a properly inscribed copy of this resolution for the American Heart Association Heartland Affiliate.

Offered by Speaker Rod Jetton
District No. 156

I, Rod Jetton, Speaker of the House of Representatives, Ninety-fourth General Assembly, First Regular Session, do certify that the above is a true and correct copy of House Resolution No. 1943, adopted April 16, 2007.

Rod Jetton, Speaker